

**Amendments to the Specification:**

Please amend the following paragraph from the original specification:

Under the section entitled, "ABSTRACT," please make the following changes:

A throwing and catching training apparatus for ~~sports, such as baseball and softball~~ sports is disclosed. The throwing and catching training apparatus provides an upright, ~~substantially~~ rigid target panel having a plurality of elastomeric bumpers connected to the target panel wherein the bumpers are adaptable to deflect a thrown projectile in a random direction. A pair of support structures are connected to the target panel for supporting the target panel in an upright position. The target panel may have a cut-out portion extending through the target panel for further defining a target. An elastic mesh netting may be connected to the target panel and extend across the cut-out portion of the target panel in order that a thrown projectile may spring back from the target panel after engaging the elastic mesh netting. ~~The bumpers have a stem that is releasably connected to the target panel and a substantially circular, dome-shaped head that is integral with the stem and extends away from the target panel. The shape of the bumpers allows the thrown projectile to deflect back to the user in a random direction to allow the user to practice their fielding.~~